4: Garnett B-4, 5 (ca. 1880) 1891
EG1 Albania EG1

become a mother is announced to her husband's family, she becomes thenceforward the object of the most devoted attention on their part, the slightest wish or preference she may express being immediately gratified. Custom, however, forbids her eating certain things, such as pomegranates and snails, and she must not dye her hair more than three times before her baby is born, or some unlucky accident would be sure to happen to her or to the infant. 843

As soon as the baby is born it is washed, and a sickle, with which straw has just been cut, is laid for a few seconds on its stomach to prevent colics. The maternal grandmother, whose privilege it is to perform this office for the baby, then proceeds to swathe its little body tightly in broad swaddling bands of white woollen stuff, and finally deposits it in a narrow wooden cradle. A jar of water is taken to the Hodja or the Papas, according to the creed of the mother, to be blessed, and with some of its contents all the women who officiated at the birth wash their hands. The rest of the water is placed near the mother, and all the women who visit her during the five ensuing days dip their fingers in it and sprinkle her, expressing at the same time a wish that she may have a plentiful supply of milk for the baby, Albanian women making a point of nursing their own children. The relatives are now admitted to felicitate the mother and admire the baby, with the exception of its father, whom custom obliges to keep out of the way and refrain from seeing his child until it is eight days old. The mother is presently placed on a state bed, over which a magnificently embroidered silk coverlet 844 [603] [352] [855] [853] 846

2: Durham B-5 (ca. 1910)1928 EG1 Albania EG1
Montenegrins EF5

Birth, Marriage, and Death

In 1392 Bogavach Cuiavich of Rudine of his own free will releases from servitude Radaca, daughter of John of Albania, whom he had bought of Braycho Ucarich.

This seems to have been the case of an actual slave. But the lot of others, when sold for a long term of service, can have been little better than slavery unless they fell into good hands.

ALBANIA

I heard of a similar custom of thus selling children for a term of years in Malacastra in South Albania. Here poor Moslems sometimes sent their daughters as far as Constantinople; and I was told that some of the Albanian beys thus purchased servant-girls from their mothers, and at the end of the term dowered them and married them to peasants on the estate. The Italian Consul at Valona, the first time I was there, told me he had thus purchased a servant girl.

Birth.—In Albania, as in Montenegro, childbirth received but the most ignorant treatment. The death-rate of mothers and children was high.

There was great rejoicing among the mountain tribes when a boy was born and proportionate disappointment over a girl. For a son, especially a first-born, the whole family group turned out and fired rifles.

Some kind of spiritual relationship was held to exist between the child and the woman who cut the umbilical cord; but I learnt no particulars.

As in Montenegro, even in the towns there was the greatest reluctance to summon medical aid. In Scutari one day the Austrian doctor was summoned to a Moslem woman who was in the last stages of exhaustion. He found the child was already dead, and said that to save the woman's life it must be removed at once. The family refused to believe or permit this and dismissed him. Some hours later they fetched him again—but she was dead.

On the birth of a child, both in Scutari and the mountains, all the women neighbours go at once to visit the mother and take offerings of eggs. For a boy, two, four, six, or eight—an even number—are brought; for a girl, one, three, five, or seven. One egg is broken over the child's face to protect it from the Evil Eye. Presumably this makes the child unrecognizable or hideous.

Both in Albania and Montenegro, and I believe in all Balkan lands, infants are swaddled. The cradle is of wood and serves as a packing-case in which to carry the child on its mother's back. In Scutari the cradles are very gaily painted with conventional patterns of flowers and birds,

2: Durham B-5 (ca. 1910)1928 EG1 Albania EG1
Historical Yugoslavia EF2
Montenegrins EF5

Some Tribal Origins, Laws, and Customs of the Balkans

In Bosnia a remedy for coughs was to burn oak-galls and inhale the smoke.

In all districts that I visited in the Balkans I found mud used to dress wounds by the common people; but never heard of a case of tetanus, though I have had hundreds of wounded through my hands. The land is very poorly, or not at all manured, which may explain this fact. The Austrian doctor in Scutari told me that in seven years he had had but two cases—both came up the river on ships, so were not local infections; also, though "Albanian women are not so well cared for at childbirth as an Austrian cow," he had never seen a case of puerperal fever, and believed neither the tetanus nor the puerperal-fever germs had reached these districts.

But with these two exceptions the Balkans are decimated with disease. It is a mistake to imagine that a rough, simple life produces health.

The apparent sturdiness of the survivors blinds the outsider to the intensity of the struggle for existence and its mass of victims. Compulsory vaccination has immensely reduced small-pox in many districts. It is interesting to see how an epidemic will sweep up to the vaccination line—and there stop short. But exposure, hunger, and toil wear out many a peasant in early middle age; and disease takes a heavy toll as well. The two worst Balkan scourges are tuberculosis and syphilis. In Montenegro and in Albania there are districts where every individual is reputed to be infected with the latter. So, too, in Bosnia, and there alone it was being scientifically combated by the Austrian medical staff.

Of tuberculosis the Bosnian doctor—a Vienna-trained man—with whom I worked in Montenegro said: "We South Slavs are the most tuberculous people in Europe. Thirty per cent. of us are badly infected. I do not count an 'apex,' for I have one myself."

Leprosy is sometimes seen, but not often, and much skin disease is carried probably by dirt and vermin.

Finally, those individuals who succumb to neither disease nor hardship are unbelievably tough, and live on to a green old age, often active to the last. That there are as many centenarians as is popularly believed I doubt. No registers of birth have been kept and dates are fixed haphazard. A gay old boy at Rioli was said to be 102. Five years afterwards I met him again and he was 120. To prove this his family earnestly declared he must be very old, because his father lived at the time when the ancient Romans—those people who made the bits of money you dig up out of the ground—were living at Podgoritza. Others were grandfathers at the time of the Russo-Turkish War; of one it was said no one could remember him without white hair, and so